

ABSTRAK

Latar Belakang: Salah satu prinsip dasar dalam penyelenggaraan makanan adalah higiene personal. Penerapan higiene personal yang buruk dapat meningkatkan risiko kontaminasi mikroba dalam makanan. Higiene personal penjamah makanan di pondok pesantren masih rendah karena minimnya pengetahuan tentang higiene personal. Penggunaan media dalam proses edukasi mempermudah penjamah makanan dalam menerima informasi. Edukasi dapat diberikan dalam bentuk cermin dengan stiker edukasi.

Tujuan: mengetahui pengaruh media cermin edukasi terhadap pengetahuan dan sikap higiene personal penjamah makanan pondok pesantren di Jombang.

Metode: Penelitian ini merupakan penelitian *pre-eksperimental* dengan rancangan *one group pretest-posttest design*. Teknik pengambilan sampel menggunakan metode total sampling dengan subjek penelitian 41 penjamah makanan pondok pesantren di Jombang. Analisis data dilakukan dengan uji *Paired Sample T-test* dan uji *Wilcoxon*.

Hasil: Uji univariat pada karakteristik responden berdasarkan usia tertua berusia 58 tahun sebanyak 1 responden (2,4%) dan termuda berusia 17 tahun sebanyak 3 responden (7,3%), lama bekerja < 4 tahun sebanyak 26 responden (63,4%), dan pendidikan rendah sebanyak 22 responden (53,7%). Pada uji bivariat ada perbedaan pengetahuan dan sikap higiene personal sebelum dan sesudah edukasi ($p = 0,0001$). Ada perbedaan pengetahuan dan sikap higiene personal sebelum dan satu minggu setelah edukasi ($p = 0,0001$).

Kesimpulan: Edukasi higiene personal menggunakan media cermin edukatif telah mampu meningkatkan pengetahuan dan sikap penjamah makanan.

Kata kunci: pengetahuan; sikap; higiene personal; penjamah makanan; cermin edukasi

ABSTRACT

Background: The basic principle of food service is personal hygiene. Poor personal hygiene practices can increase the risk of microbial contamination in food. The personal hygiene of food handlers in islamic boarding school is still low due to lack of knowledge. The use of media in education makes it easier for food handlers to receive information. Education can be given in the form of a mirror with educational stickers.

Objective: the influence of educational mirror on the knowledge and personal hygiene attitudes of food handlers at an Islamic boarding school in Jombang.

Methods: A pre-experimental study with a one group pretest-posttest design. Total sampling used as a sampling technique with 41 food handlers as a subject at an islamic boarding school in Jombang. Data were analyzed using Paired Sample T-test and Wilcoxon test.

Results: The univariate test on respondents based on the oldest age are 58 years old as many as 1 respondent (2,4%), the youngest 17 year old as many as 3 respondents (7,3%), 26 people (63,4%) length of work <4 years, and 22 respondents (53,7%) with low education. In the bivariate test, there were differences in knowledge and attitude about personal hygiene before and after education ($p = 0,0001$). There were differences in knowledge and attitude about personal hygiene before and one week after education ($p = 0,0001$).

Conclusion: Personal hygiene education using educational mirror has been able to improve the knowledge and attitudes of food handler.

Key words: knowledge; attitude; personal hygiene; food handlers; educational mirror